

Method And Device For Facilitating Energy Psychology Or Tapping

Abstract

A novel method and device for facilitating that variety of psychotherapeutic technique best known as energy psychology or tapping, but also sometimes referred to as EFT, TFT and meridian therapy, is described. The device is a toy that may take the form of a doll, puppet, animal, or imaginary character, having at least a torso and head. The toy's body parts exhibit markings, visual and/or tactile, appearing as freckles, bumps, dimples, colored fur, warts or the like, that correspond to known meridian and chakra points on the human body. The novel method of the instant invention is administered first by a therapist, parent or other adult teacher knowledgeable in the art of energy psychology or tapping, and later by the subject suffering from a disturbance or uncomfortable feeling. The teacher ascertains the nature and intensity of the subject's disturbance or discomfort, determines the meridian or chakra points, or groups of points, most effective to relieve the identified condition, stimulates by tapping the specific meridian and chakra points, randomly or in a given sequence, and then

uses the toy exhibiting markings to teach the subject to self-administer the tapping therapy without the teacher's assistance. Through administration of the tapping therapy upon the subject by the teacher, and later self-administration by the subject without the teacher's assistance, the subject's discomfort, and the underlying psychological disturbance that gave rise to the discomfort, is resolved. The method and device of the instant invention may be used to address negative feelings such as insecurity, anxiety, fear, trauma, anger, helplessness, hurt, pain, sadness, guilt, and shame, and is particularly useful when implementing tapping therapy with children and teens.